



Improving lives THROUGH  
supports and services  
THAT FOSTER self-determination.

11/7/18

## November is National Family Caregivers Month

National Family Caregivers (NFC) Month, which is celebrated each November, is a time to recognize and honor family caregivers across the country.

Celebrating Family Caregivers during NFC month enables activities that:

- Raise awareness of family caregiver issues;
- Celebrate the efforts of family caregivers;
- Educate family caregivers about self-identification; and
- Increase support for family caregivers.

Read the President's 2018 Proclamation, at: <https://caregiveraction.org/presidential-proclamation-2018>

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
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MISSOURI DEPARTMENT OF MENTAL HEALTH